

Judge Advocate General's office: Not your everyday job

Photos and story by
Christina Failma
Kukini Staff Writer

Whenever tax season comes around, the first place many look to for help is the Judge Advocate General's office. Although it looks as though there are hundreds of people ready to help, this small building actually houses just 30 of the hardest working individuals.



Lt. Col. Mark Pollard helps Senior Airman Angela Kaelin in understanding her will.

"We provide any type of legal assistance to active duty, retirees - basically anyone with a military identification card - free of charge," said Master Sgt. Antoinette Patterson the law office superintendent.

Tax service isn't the only thing JAG has to offer. Their offices are divided into many different sections - military law, civil law, environmental law, labor law, housing privatization, claims, and contracts are just to name a few.

"We have two very popular services here. Wills and powers of attorneys is a service where one person gives another person the power to make decisions for them if they're not able to. There is also our legal readiness program that requires team Hickam members to get an annual legal check up to ensure that they're ready to support the mission," said Maj. Mark Pollard the deputy staff judge advocate.

The legal readiness program is a service that JAG is proud to offer. With Air Force personnel being deployed, top priority is taking care of all legalities for themselves and for their families before they leave.

This program is a two-step process. For the first step, Airmen need to take a web-based survey that is available on the wing legal office or Pacific Air Command legal office web site. For the final step, the program will say if the member is legally ready

or not. If they are, a printable certificate is offered. If not, an appointment at the base legal office is needed.

Like any other place of business, JAG is constantly busy handling different tasks year-round. Yearly, this office handles more than 1,000 wills and assists more than 3,000 customers with their taxes. With this many people in need of support, the JAG office required the help of 30 volunteers for income tax assistance.

"After summer PCS season is over, people file more claims. And then we have several different contracts that come in at the end of the fiscal year. And then tax season isn't too far away," Major Pollard said. "We have such a wide range of stuff to do around here. There are just so many different things that the actual challenge is to keep it flowing," Major Pollard said lightly of the workload.

An Air Force Judge Advocate General is described as a respected attorney, a trusted counselor, and a polished military officer. Getting into this profession is keen and competitive. That's why it is known how hard-working our JAG personnel is!

"Although you go through undergraduate school and a Commissioned Officer Training Course, it would still take about four to five years to understand everything in the legal field to be deemed effective," Sgt. Patterson said.



Staff Sgt. Antonio Armstrong and Staff Sgt. James Mobley provide excellent customer service to Katie Smith.

With such a demanding career, massive workload, and unavoidable stress, it's nice to see that the payoff is great.

"The wide range of services here allows us to help people. We're also given the opportunity to meet new people from within the Air Force, other services, retirees, etc," said Sgt. Patterson.

A witness's account of the bombing of Hiroshima

By **Capt. Aaron Wiley**
Public Affairs Action Officer

They've been called the greatest generation; veterans of World War II, who fought the war people hoped would end all wars.

They came from various countries to help celebrate the 60th anniversary of the end of World War II on the Battleship Missouri Memorial Sept. 2; a reminder to Americans that the fight for freedom has been one they've pursued alongside strong Allies.

One of those visiting veterans, Charles Edwards, came from Australia with eighteen of his colleagues who were hand-selected by their government to accompany the Honorable De-Anne Kelly, Minister for Veterans Affairs, and other distinguished Australian guests.

While both he and his highly decorated countrymen and women declared "they were just ordinary people placed in extraordinary circumstances," Mr. Edwards recounted an extraordinary eyewitness account of the bombing of Hiroshima, Japan during a wreath laying ceremony at U.S. Pacific Air Forces' Courtyard of Heroes Aug. 31.

Charles fought as an infantryman in Malaya (or the Malaysian peninsula), where he was taken prisoner by the Japanese. He was sent, as a POW to Changi in Singapore and then sent to work on the infamous Thai-Burma railway, including 42 days at Hellfire Pass.

He was later shipped to a POW coal-mine in Ohama, Japan about 80 kilometers outside of Hiroshima. He was one of two bakers at the camp where they'd bake 390 hamburger-sized loaves for the prisoners a day, he said.

One day he was told Japan's flour supply had run out and he'd now be the camp cook. There was a rice cook and a soup cook and they had to cook a meal for 390 men in total darkness in a blacked-out kitchen about 10 feet square.

"It was so dark (in the kitchen) you couldn't see your hand in front of your face," he said. "By now Japan was being very heavily bombed. They were coming in from China and our camp was right underneath the land fall; and if you can imagine the noise that 81 B-29s made, the very air used to tremble."

The meal, he said, had to be ready to serve by 8:30 a.m., but by 8 a.m. they'd have to have the rice cooked, weigh it, then divide it by 390, and the result would be each POW's ration for that meal. He did this for approximately two months time, he said.

"One morning, Bert (the other cook) was standing between two (kitchen) doors," Mr. Edwards said, "and quite suddenly there was the most brilliant white light. It seemed to come in the two doors, much like stage smoke. (The light) met Bert's feet, riled up his body, met at the top of his head, and formed into a silver halo."

"My immediate thoughts were, we've had a direct hit



Right Photo by Mark Bates

Right: The Honorable De-Anne Kelly, Australia's Minister for Veterans Affairs, and Colonel Frank Kisner, Pacific Air Forces, prepares to place a wreath at the base of the Eternal Flame of Freedom in the Headquarters PACAF building's Courtyard of Heroes to honor Australians and Americans who gave their lives during WWII. Above: The Hiroshima Prefectural Industrial Promotion Hall, know locally as the A-bomb Dome, was heavily damaged by the blast, then burned from the ceiling down by fires ignited instantly by the heat rays.

and we're dead, because you don't get your halo down here. I (was) looking at Bert and thought to myself, I wonder if I've got one? And then I thought, with some of the things I've done, I don't think I'd qualify. Then I noticed that the kitchen was still there, but Bert still had his halo."

He said the experience seemed to last for an eternity but must have been over in approximately 25 seconds. When the 'vision' faded, he

said, he looked up at the clock and it was 8:15 a.m. ... and he later discovered, plus 17 seconds on Friday the sixth of August 1945.

"Bert said to me, 'what did you do?' And I said, 'I didn't do anything,'" Charles said. "So we walked out the east door to have a look and were hit by a wave of hot air. We looked away to the East, and just rising over the horizon was this odd-looking, mushroom-shaped cloud."

"You beautiful Americans had just dropped a new kind of bomb on the city of Hiroshima; to me the war was over."

There was no more work in the mine, he said.

"All the men in detention had one blanket, one litter of water and one rice bowl a day. In the winter time they just froze to death," Mr. Edwards said. "(At the time) there was only one man in detention. I looked up and he

was standing in the door, and I said to him, 'what are you doing here, you've got about three days to go,' and he said, 'they just let me out, I'm looking for a bloody feed.' (At) that moment, World War II was over.

"We didn't know what it was, (but) when they declared there was no more work, we knew that there was something big on," he said. "I went to my company commander and told him, 'there's a big cloud over there,' and he said 'uh, forget about it,' but when he got up (and saw there was) no more work, that was the end of World War II for me."

The Japanese guards were disarmed and replaced with British and Australian guards and an agreement was made that the POWs wouldn't come out of the camp if the Japanese wouldn't come in, so there wouldn't be any confrontations, he said.

"We remained there for 31 days, after (which) the cloud was only just starting to disperse. The Americans came and rescued us and we were taken on a 300 mile train trip to Wakayama, (Japan) so we wouldn't have to go through Hiroshima for the fear of radiation. And then home."

This was just one of the extraordinary stories that each veteran had of World War II.

As for Charles Edwards, who so graciously shared his, he said, "I feel excited and privileged that I've been chosen (to be here for the 60th anniversary of victory in the Pacific)."



AT THE MOVIES

Memorial Theater 449-2239 • CLOSED Monday and Tuesday

Friday, Saturday and Thursday at 7 p.m.

DUKES OF HAZZARD – Bo and Luke Duke, who with the help of their eye-catching cousin Daisy and moonshine running Uncle Jesse, try and save the family farm from being destroyed by Hazzard County's corrupt commissioner Boss Hogg. Their efforts constantly find the “Duke Boys” eluding authorities in “The General Lee,” their famed 1969 orange Dodge Charger that keeps them one step ahead of the dimwitted antics of the small southern town's Sheriff Coltrane. Starring Seann William Scott and Jessica Simpson. Rated PG-13 - sexual content, crude and drug-related humor, language and comic action violence



Sunday and Wednesday at 7 p.m.

THE GREAT RAID – Set in the Philippines in 1945, "The Great Raid" tells the true story of the 6th Ranger Battalion, under the command of Lt. Colonel Henry Mucci who undertakes a daring rescue mission against all odds. Traveling thirty miles behind enemy lines, the 6th Ranger Battalion aims to liberate over 500 American prisoners-of-war from the notorious Cabanatuan Japanese POW camp in the most audacious rescue ever. Starring Benjamin Bratt and James Franco. Rated R (war violence, brief language).



Crossword Puzzle: Happy Birthday, USAF

By **Capt. Tony Wickman**
Alaskan Command Public Affairs

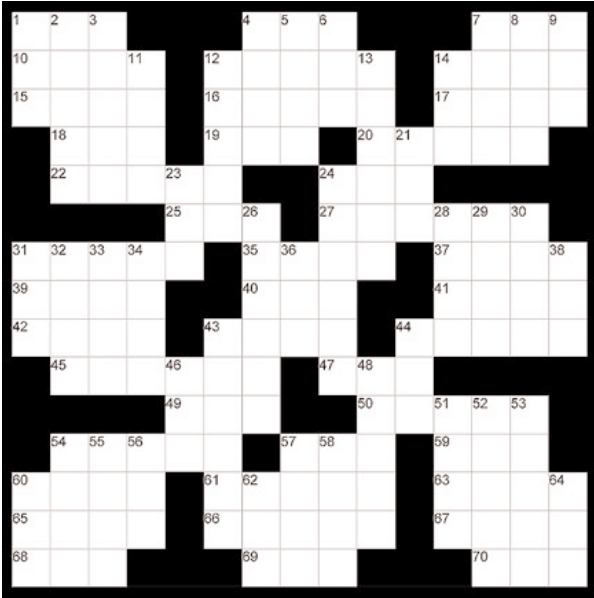
ACROSS

- Commercials
- Federal org. concerned with drugs
- ___ vs. Wade
- Category
- Cpl. Vernon L. ___; first enlisted pilot in 1912
- Gen. ___ Spaatz; first Chief of Staff of the USAF
- Recount
- French cubist artist Fernand
- Pilots with 5+ kills
- Bro's sib
- Donkey
- Gen., Maj., CMSgt, SSgt, A1C, etc.
- Plant stem
- Kunsan AB host country currency
- Dowel
- Gen. Henry H. ___; only five star general in USAF history
- Frederick I. ___; charter member of the Order of Daedalians
- ___ on; encourages
- Jacob's first wife
- Film ___
- 2000 movie ___ of Honor
- SE Florida county home to Homestead JARB
- Repeated 3X for title film about Pearl Harbor attack
- Sally ___; first U.S. woman in space
- Estimate
- Banderole
- Galloped
- Stat for 48 DOWN
- Dallas team

- Uniform material, once
- Tom Brady stat
- Former command developed by Gen. Curtis E. LeMay, in brief
- Ache
- Ralph ___; American lawyer, consumer protectionism pioneer
- Smooth out
- For Your Eyes ____
- Simultaneous release of a rack of bombs from an aircraft
- Current MAJCOM for training
- Snakelike fish
- Vote in favor
- Comm. person in the field

DOWN

- MCI competitor
- William E. ___; WWII pilot & Bataan death march escapee
- Break in two
- Fees
- Units of energy; equal to work of a force of one dyne/cm
- Period
- Medieval torture tool
- Mining goals
- Golfer Ernie
- Designer Schiaparelli
- Ester McGowin ___; first woman to enlist in Air Force
- Mistakes
- Able
- Cape ___; northeast Massachusetts peninsula
- Dr.'s asst
- Lt. Boyd ___; first American USAAF ace of WWII
- NASA space program
- Brig. Gen. Robin ___; rated a triple air ace (WWII/Vietnam)
- Lawns
- Art movement
- Uzal G. ___; 2AF commander



- in WWII, led Operation Tidal Wave
- Blunder
- Italian currency, once
- Middle East country
- H.S. diploma equivalent
- Word of surprise
- Augustine Warner ___; father of modern USAF logistics
- Picnic pest
- Bother
- Houston player
- Continent home to Osan AB
- Scarcer
- Cpl. Frank ___; first enlisted man to die in aircraft accident
- Citizen ___
- Ployer P. ___; test pilot killed in original B-17 crash
- ___ Given Sunday
- Sit ___ by; do nothing
- Actress Campbell
- Writer Edgar Allen
- Auto club
- Considered “backbone” of USAF

See solution, B4

Team Hickam History: The Air Force’s most historic airfield

Sept. 18, 1947 – The United States Air Force is officially born when Stuart Symington is sworn in as the first Secretary of the Air Force by Chief Justice of the United States Fred Vinson (photo right).



Sept. 18, 1947 – The Hawaii Air National Guard became a reserve component of the newly constituted USAF and received additional aircraft.

Sept. 16, 1952 – Typhoon Olive battered Wake Island with 170 mile per hour winds, causing damage that took more than

a year to repair. Fifteen years later, on Sept. 16, 1967, typhoon Sarah devastated Wake and all dependents were evacuated to Hawaii.

Sept. 21, 1970 – The first group of 96 F-100s returning from Vietnam landed at Hickam AFB en route to the mainland.

Sept. 17, 1979 – A ribbon-cutting ceremony opened Hickam's new Car Care Center on Hangar Ave., which replaced two older facilities – a service station on the western end of the base and a motor vehicle repair shop on the eastern end.

Sept. 18, 1981 – The new lanai at the Hickam Officers’ Club was opened with a ribbon-cutting ceremony followed by the annual general membership meeting.

Sept. 16, 1985 – The Secretary of the Interior designated Hickam AFB as a National Historic Landmark, recognizing it

as one of the nation's most significant historic resources associated with World War II in the Pacific. A bronze plaque reflecting Hickam’s “national significance in commemorating the history of the United States of America” took its place among the memorials surrounding the base flagpole.

Sept. 21, 1994 – Secretary of the Air Force Sheila E. Widnall arrived at Hickam AFB and visited Hawaii for four days before continuing to PACAF bases in the Western Pacific.

Airmen pitch in for New Orleans cleanup

By Staff Sgt. Bryan Bouchard
4th Air Expeditionary Group
Public Affairs

After living at the New Orleans airport for 10 days while building three tent cities, Air Force civil engineers headed downtown Sept. 13 to help clean up Hurricane Katrina wreckage.

“It's great (the engineers) can get out and help these people directly,” said Capt. Paul Fredin, who is assigned to the 4th Expeditionary Civil Engineer Squadron here and deployed from McGuire Air Force Base, N.J.

Armed with more than a dozen chain saws, about 100 Airmen headed out on buses for the cleanup effort, not knowing what to expect or in what conditions they would be working, but glad for the opportunity to assist.

“It's good to help out,” said Staff Sgt. Jason Kaluza, who is deployed

from Scott AFB, Ill. “It's great to help out other Americans.”

While one group of Airmen went into a neighborhood in downtown New Orleans to clean up debris, another group went to a town called Algiers on the outskirts of the city. There the team found downed trees and debris littering the roadways. With chain saws roaring, the crews started making sense of the mess covering the streets.

Meanwhile, a two-man team from McGuire found something they didn't expect -- a blown water line. Soldiers on scene from the 82nd Airborne Division asked the group if they had anyone who could help with the line, and Staff Sgts. Jonathan Close and Nicholas Fink stepped up as the group's resident plumbers to see if they could repair the water main. Soldiers had located the water meter, but not the shutoff valve.

The two Airmen made a couple of unsuccessful



U.S. Air Force photo by Staff Sgt. Bryan Bouchard

Staff Sgt. Joshua Copeland cuts through a downed tree in a neighborhood here Sept. 13. About 100 Airmen from the 4th Expeditionary Civil Engineer Squadron helped clear debris alongside members of the 82nd Airborne Division. Sergeant Copeland is deployed from the 375th CES at Scott Air Force Base, Ill.

attempts to dig their way through a foot of sludge to find a shutoff valve. Then they decided to recheck the meter themselves to see if there was a way to turn it off. After digging in the mud, Sergeant Close was able to unearth the valve, but that was just the tip of the iceberg. As soon as they uncovered the valve, they discovered they needed a valve key from the utility company to shut the water off.

Thinking quickly, the two fashioned a valve key from a discarded aluminum fence post and were able to shut off the water, preventing the already soupy yard from spreading down the street.

After their wet start, however, the team spent the rest of the hot and humid day chopping up downed trees and gathering limbs for municipal cleanup crews to discard later.

For most of the engineers, the opportunity to

help local residents was a welcomed break from setting up the tent cities. For others it was a taste of the harsh reality of the aftermath of Hurricane Katrina.

Senior Airman Richard Davis, a firefighter from Shaw AFB, S.C., enlisted in the Air Force three-and-a-half years ago and flew to basic training from the New Orleans airport he now calls home. As a former resident of Slidell, La., he said it was weird noting places he once delivered food to for a local distributor that are now nonexistent.

“The house that I lived in is probably gone,” he said.

For Airman Davis, there was no question about wanting to deploy here to help, and many on his team stepped forward as well.

“A bunch of the guys volunteered for this deployment before the hurricane even hit,” said Airman Davis, whose parents now live in Jackson, Miss.



Tech Sgt. Demetra Turner

NCOIC Health Promotions



The HAWC rocks because: We believe in promoting wellness and high quality healthcare for all of Team Hickam with the best professionals the Air Force has to offer. We spend time caring for people and helping the community often putting others’ needs ahead of our own. WE TRULY ROCK!

My job affects all of Hickam in that: Sky Warriors as well as dependents need to be at a state of readiness at all times. Your health is important and for a lot of us we only get one shot! Our HAWC staff provides education and guidance to assist in goal setting for better health and I put compassion into action, reach out to folks in need and spread smiles wherever I go.

When not at work, I spend my off duty time: Trying to keep up with my husband Mark, my children Marciah and Marcus counting blessings and exploring new opportunities. I am a sports fanatic. I love to read, to have friends over for BBQ and babysitting “Tootie”

Something people don’t know about the your unit: 15th Aeromedical Dental Squadron has far reaching capabilities ranging from public health, bioenvironmental, flight medicine, rediness and dental services that directly encourage positive lifestyle behaviors and we have the ultimate commander and hype-man Lt. Col William Beninati

If I could change one thing about Hickam, it would be: Compressed Work Schedule, Aloha Friday is celebrated anyway, so why not make it official.

What her superviosr says about her: Demetra is always there to give support and encouragement. And she always stands out in a crowd!

Maj. Carol Shaffer

Health Promotions Flight commander

Island Divers Hawaii sponsors reef clean-up

Scuba divers and ocean enthusiasts have a unique chance to improve the local diving by taking part in an International Cleanup Day. Island Divers Hawaii, located next to the Gym at Pool 1, will be sponsoring two events in observance of the 20th anniversary of this global event.

The first will take place Saturday and will be a special lecture and course on the devastation occurring globally to coral reefs. In conjunction with PADI's Project AWARE, IDH staff will be offering the course to divers and non divers alike. For those divers working towards the Master Scuba Diver rating, the course will count as one of the 5 required specialties.

On Sunday IDH club divers and staff have organized a charter boat to clean



Photo courtesy of the Island Divers Hawaii Web site

Island Divers of Hawaii are holding a Internatinoal clean up Day event Sunday at China Wall. Call 423- 8222 for details.

debris from China Wall, a dive site frequented by fishermen and litterbugs. The effort will be a fun filled day of conservation and conversation and any certified diver is welcome to volunteer. The event is sponsored by Professional Association of Dive Instructors.

The costs are minimal and details can be obtained by dropping by or calling the shop at 423-8222. Also, feel free to cruise on over to www.islanddivershawaii.com for information on continuing classes, dive club events and updates on dives planned for the upcoming weeks.

SOLUTIONS, From B2

A	D	S		D	E	A		R	O	E
T	T	P	E		B	U	R	G	E	C
T	E	L	L		L	E	G	E	R	A
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S	T	A	L	K		W	O	N		
			P	E	G		A	R	N	O
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T	O	R	A		R	I	D	E		A
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			R	B	I		S	T	A	R
K	H	A	K	I		I	N	T		S
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O	N	L	Y		S	A	L	V	O	A
E	E	L			A	Y	E			R

CHAPEL				
<i>Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.</i>				
PROTESTANT	JEWISH	CATHOLIC	ISLAMIC	BUDDHIST
Nelles Chapel	Aloha Jewish Chapel,	Nelles Chapel	Friday Congregational	Honpa Hongwanji Hawaii
Sunday Contemporary	Pearl Harbor	Weekday Mass	Service	Betsuin A Shin
Service 8:30 a.m.	473-0050	11:30 a.m.	(1935 Aleo Place,	Buddhist Temple
Sunday Gospel Worship	Jewish Lay Leader	Saturday Confessions	Punahou)	536-7044
11:15 a.m.	Mr. David Bender	4:15 p.m.	1 p.m.	
Sunday Praise Gathering	527-5877	Saturday Mass 5 p.m.	Muslim Association	ORTHODOX
5:30 p.m.	Naval Station Chapel	Chapel Center	of Hawaii	For more information,
Chapel Center	473-3971	Sunday Mass 10 a.m.	947-6263	call 438-6687
Sunday Traditional				
8:30 a.m.				

Sports Shorts

Fitness center offers reduced personal trainer rates

Hickam fitness center now offers reduced rates for group personal training sessions. Groups consist of two to four people. Rates are \$25/single session or \$130 for 6 sessions per person. Please contact Hickam Fitness Center at 449-1044 for more information.

Diamond Head officials

The association is looking for flag football referees for the upcoming intramural flag football season.

No experience required as training will be provided before the season starts. Please contact Darren Jones at 448-1683 if interested.

Hickam Hurricanes in need of Head Coach

The Hickam Hurricanes Swim team is looking for a new head coach. Previous coaching experience is desirable. The team also has an immediate opening for an assistance coach. No previous coaching experience required. Great opportunity to start a coaching career. For more information, contact Peggy Glasgow at 389-5063 or email Information@HickamHurricanes.com with a current resume.

Golf tournament

The Pacific Air Forces Regional Supply Squadron is hosting a golf tournament today. Cost includes green fees, cart and prizes. E-1 through E-4 and GS-1 through GS-3, \$30. E-5 through O-3 and GS-4 through GS-8, \$40. O-4 and above, civilians and other DoD members, \$45.

To sign up, send an email to brian.townsend@hickam.af.mil or tony.riчей@hickam.af.mil.

For more information call 449-7777 or 449-7781.

Running club

Hickam Fitness and Sports Center is recruiting runners of all levels to begin a running club. Advanced participants are needed as volunteers, but all levels are welcome.

Monthly discussions will occur including speed work, race etiquette, massage, nutrition, yoga for runners and more.

For more information, contact Susanne Dale at 449-1044.

Hickam Swim Team

The Hickam Hurricanes program is dedicated to providing children an all-around competitive swimming program.

For more information, check out the Hickam Hurricanes' Web site at <http://www.hickamhurricanes.com/>.

Warrior run



Lt. Col. Kenneth Tingman, 15th Airlift Wing director of staff and inspector general, leads the 15th Mission Support Squadron in the monthly Warrior run Sept. 6. The first 1.5 miles of the run were done in formation and the second 1.5 mile, runners were able to run at their own pace. The next Warrior run is set for Oct. 7 at 6:40 a.m. at the Sea Breeze.

Photo by Mark Bates

Falcons soar past Aztecs 41-29, climbs to 2-0, Wyoming up next

By Wayne Amann

U.S. Air Force Academy Public Affairs

U.S. AIR FORCE ACADEMY, Colo. (AFP) – Conventional football wisdom says the run is used to set up the pass. Air Force is thinking – and winning – the other way around.

Thanks to a 231-yard passing game that loosened the San Diego State University defense, academy ground troops traveled 272 more yards en route to a convincing 41-29 Air Force win Sept. 10 in the Mountain West Conference opener for both schools here.

Fullback Jacobe Kendrick capitalized most from this newfound balanced formula. The junior ran for a career-high 128 yards on 26 carries and scored four touchdowns.

Meanwhile, sophomore quarterback Shaun Carney

riddled the Aztecs secondary for 231 yards passing, completing 10 of 12 attempts including one for a touchdown.

The 503 yards in total offense not only had the sun-drenched 30,101 in attendance roaring its approval, but, more importantly, it helped snap a three game losing streak to San Diego State. The Falcons are 6-1 in conference openers since joining the conference in 1999.

“No question the air is back in our attack,” said Air Force head coach Fisher DeBerry. “This is the second week in a row we’ve had 200-plus yards passing and 200-plus yards rushing. If we continue to do that it’ll be difficult for defenses to lock down on our game plan.”

In their next matchup, the Falcons (2-0) host the University of Wyoming Cowboys (1-1) Sept. 17.



Photo by 2nd Lt. John Ross

Falcon wide receiver Jason Brown settles under a pass from quarterback Shaun Carney after getting past a San Diego State University defensive back. The play, the longest of the game, went for a 61-yard completion before Brown fumbled out of bounds. The Falcons beat the Aztecs 41-29.

Air Force claims third Armed Forces title in four years

By Staff Sgt. Ryan Hansen

Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFP) – The leader of the All-Air Force Men's Softball Team knew it was going to take more than talent alone to claim the 2005 Armed Forces Men's Softball Championship.

But after claiming the title with a 7-2 record during the three-day round-robin tournament held here Sept. 7 to 9, the four-time head coach now believes it may have come down to a little astrology.

“The stars and moon were lined up in the right direction for us this time, and we were real fortunate,” said Steve Shortland, the team's head coach. “This tournament was such a nail-biter.”

The tournament championship is the Air Force's second consecutive title and its third in four years.

“Our big thing is team, team, team,” Shortland said. “We had veterans producing, rookies producing, and we used them all in different situations throughout the tournament. Everything really paid off for us.”



Photo by Staff Sgt. Ryan Hansen

James Flagg cracks a base hit during the Armed Forces Men's Softball Championships Sept. 7 to 9. Air Force claimed the title with a 7-2 record.

The All-Marine Corps Softball Team grabbed second place with a 6-3 record while the All-Army Softball Team snagged third with a 4-5 record. Coming in fourth was the All-Navy Softball Team

with a 1-8 record.

On paper it may appear as though Air Force had an easy run to the championship, but it actually dropped its opening game of the tournament to Navy, 7-6.

“It seemed like everybody was really gunning for us,” said Steven Folds, Air Force second baseman. “But that game definitely served as a wake-up call.”

From there the Air Force rebounded with a 14-7 win over the Army, generally considered one of the top teams in the tournament. Air Force continued its rebound by hammering the Marines 25-3 in the nightcap, ending day one at 2-1.

The Air Force team continued its roll on day two of the tournament, defeating Army in their second matchup, 12-5. But a hard dose of reality came in the afternoon via the Marines in a 6-5 loss.

At that point, Air Force, Army and Marines were all 3-2 with Navy at 1-4. The tournament championship was still up for grabs, and Shortland had to get the team focused.

“I just reminded them that they have to play this tourney one game at a time and not take any team for granted,” he said.



Photo by Kirsten Tacker

Robin Mathews, Pacific Air Forces, snags a low throw to get out Ryan Taylor, 15th Civil Engineering Squadron.

HQ PACAF pockets the win against 15th CES

By Kirsten Tacker

Kukini Photojournalist

HQ PACAF and 15th CES irrefutably played a hitters game, very little can be said about either teams field performance.

A final score of 21-10, PACAF pockets the win in the fifth inning.

Up to the plate first is PACAF, who scores early in the softball game and often.

After the first couple runners make it home, PACAF's Coach Barry Wilmeth asks CES's first baseman, Kristen Namoca if she's had enough already.

It seems PACAF came in knowing they were going to win, Vinnie Farrell for PACAF said, “Just to let you know we are switch hitting just to give them a chance.”

The first inning ends with six runs for PACAF, while CES followed firmly with five, after that the game becomes unhinged and a little rickety.

PACAF's Robert Goody makes the first big play of the game by hitting a triple; he later goes on to hit another triple. Just in case anyone was still wondering what else he still had in him after two doubles and two triples, he ended his power hitting game with a kingly homerun.

Even though both teams were down many players for various reasons, PACAF teammates that turned up trounced CES till the end.

By the top of the third inning CES was notably frustrated and needed to regroup, so frustrated that their pitcher Joe Sassorossi winged the ball crazy hard at the fence after he made an error.

He was warned by the ump, that it would take one more warning and he was out of the game. In the midst of his momentary release of frustration Mr. Sassorossi forgot he made a couple of hard line drive catches that were inspiring.

Luckily errors were not tracked or tallied, or else both teams had errors that spread quicker than peanut butter or ricochet like a pinball game. Ouch!

Filling in for Steve Shook as CES's coach, Justin Barrowcliff motivated his team back into the game to possess more runs. Mr. Barrowcliff said, “Yeah we came back, it was talking people up, people trying to help each other out and giving a good word no matter what.”

Warriors boost heart rates, step-a-weigh pounds

Editors Note: This is the second part of a four-part series on the aerobics classes now offered.

By Jackie Hites
15th Airlift Wing Public Affairs

Any good exercise program is going to have aerobic exercise, strength and flexibility training.

Aerobic exercise is the most important form of exercise to maintain overall health of the heart and cardiovascular system, in turn; this also maintains the body’s fat to lean muscle ratio. Aerobic exercise is the best exercise to lose weight because it’s primary sources of energy are carbohydrates and fat.

The Hickam Fitness and Sports Center offers several different fitness classes that can help individuals get focused on themselves and improve their health.

“You only have one body, and it’s never too late to start treating it the best you can by eating healthy, exercising, and de-stressing,” said Susanne Dale, Hickam Fitness Center Director. “These are key in maintaining optimal health. Group exercise is an excellent way to get motivated, and it’s not just for women anymore!

“We have classes that on some days, the men outnumber the women, and this is great! Classes such as kickboxing and spinning, where the choreography is very simple yet can be extremely challenging



Photo by Vanessa Perez

Step aerobic class members workout at the base fitness center recently. An aerobic exercise program is one of the most important forms of exercise to maintain overall health of the heart. Call the fitness center at 449-1044 for class information.

are very appealing. Also, yoga and pilates have become more popular because for so long, people have completely overlooked the importance of flexibility training in reference to athletic performance, mental health and balance in the body.”

Ms. Dale hopes the military will soon incorporate a more complete and structured type of class addressing the mind and body connection, especially considering today’s missions and the stress of work loads and deployments.

Step is a form of cardio exercise that incorporates low and high impact moves on a platform and gets people’s heart rate pumping.

“It’s safe,” said Madalene Aponte, instructor. “You are supervised by a certified instructor and

the group dynamic helps to keep you motivated. Adding a regular workout routine like a step class will increase your cardiovascular fitness and help you with your fitness goals.”

People should not be afraid to start attending the classes if they have never done them before; classes today focus on keeping all levels feeling successful. However, it is important participants inform the instructor they are new and show up early.

“There’s nothing worse than being new and showing up late, missing the most important information on the class, before it begins,” said Ms. Dale.

Group fitness participants also attend for a variety of reasons one of which is that it helps people meet

their personal fitness goals.

Although some people have experience with step aerobics, anyone can go and do the exercise.

“My wife and I attend the step class regularly,” said Jim Guelie, 735th Air Mobility Squadron. “I recommend more people to

join the class because it promotes health and strengthens muscles. I get to have great work out! I sleep better at night, I feel more energetic, it helps me relieve stress, and we meet new people and it’s really fun.”

Hickam Fitness and

Fall Fitness Fiestathon this Saturday

The following is a list of events that are planned for the day. Stop by and register to win fitness packages from Hickam fitness and sports. The event is sponsored by Gatorade, Aquafina and Propel Water and is free for ID card holders.

9 a.m. to Noon	Aerobathon
9 to 9:45 a.m.	Register for the ultimate benchpress competition
10 a.m.	Benchpress competition begins
10 a.m. to 2 p.m.	Free mini massages and body fat and blood pressure assessments
12 noon to 1:30 p.m.	Self Defense Workshop
Call the Hickam Fitness and Sports Center at 449-1044 for more information on Group Fitness.	



Photo by Vanessa Perez

Jim Guelie, 735th Air Mobility Squadron, gets into the groove during step aerobics.

Sports will be highlighting all of its programs in a Fall Fitness Fiestathon

Saturday. During this open house style event, patrons can pick and choose what mode of exercise best benefits them,as well partake in some very special events. Not only will there be an aerobathon featuring Salsa aerobics, spinning, step, kickboxing, resistance training, pilates and yoga, but there will also be a self defense workshop targeting women and children ages 8 and up, led by paramedic and Hickam Firefighter, Tim Cotter. Cotter’s background in Hapkido combines the best techniques from Tae Kwon Do and Aikido which creates a very diverse, very effective street defense that can be used in many different situations.

